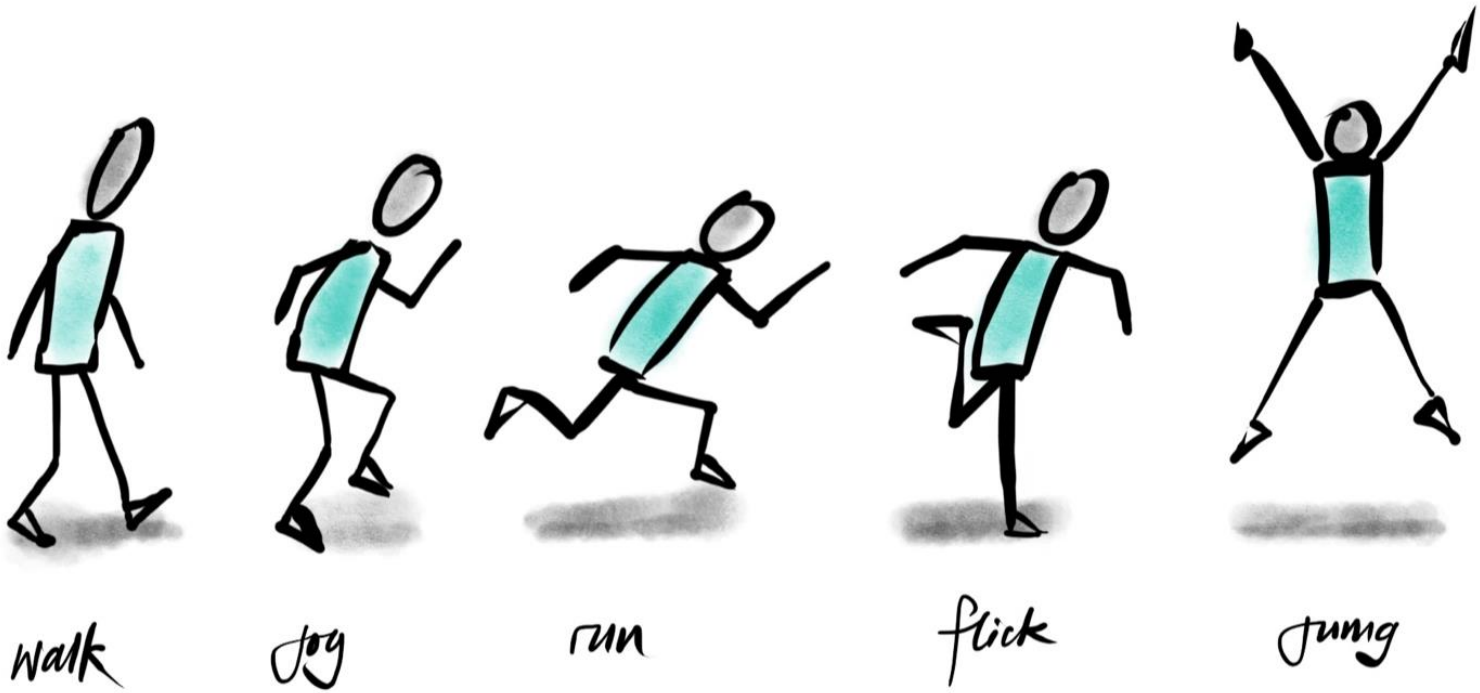
warm up // move in different ways



how to play:

- children need to move on the spot in different ways – walk, jog, run, high knees, heel flicks, star jumps
- as the children move in the different ways ask them to 'freeze' in a certain position high, medium or low e.g. "freeze low"
- children must 'freeze' on the spot as per the instruction
- progression: keep changing the actions the children are performing

how to set up:

- pupils need to be inside a large area, in a safe space

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

skill development // square dance

how to set up:

- pupils need to be inside a large area, in a safe space

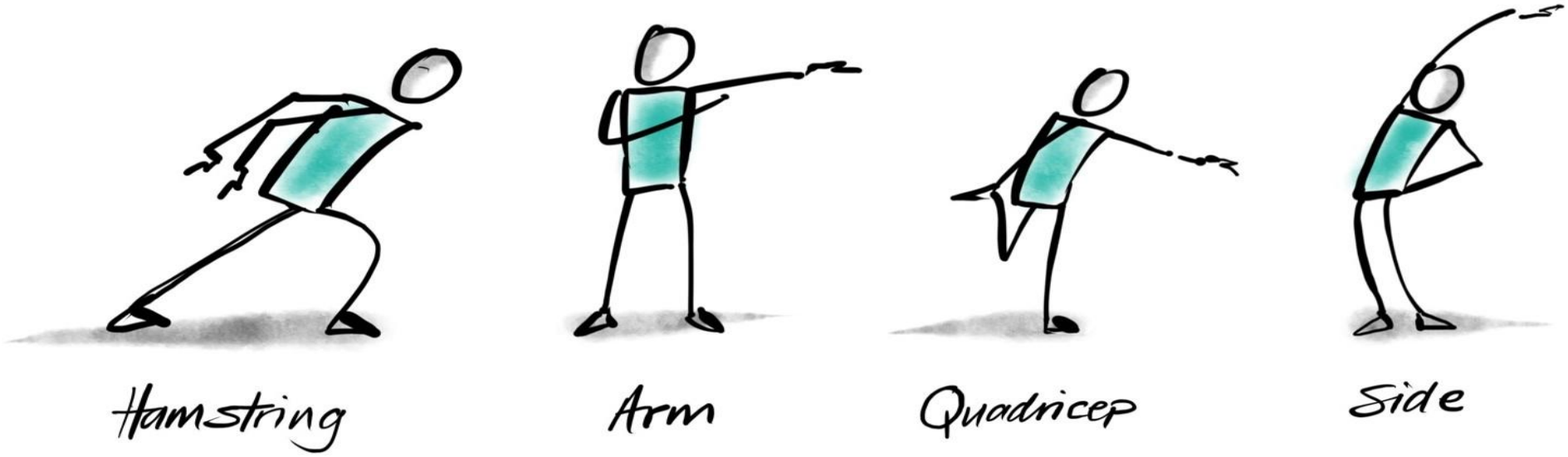


how to play:

- the previous section of the dance finished with the children facing each other
- this phrase is performed with the partner they are still facing
- the pairs perform the following moves at the same time to make their square: 4 counts
    - both take a step to their right (diagram 1)
    - both take a step forward (diagram 2)
    - both take a step to their left (diagram 3)
    - both spin around so they are back facing each other (diagram 4)
- teach these actions without the music – talking the children through them
- once the children can perform this without the music, practice it to the music

This is a summary of a full plan available at www.PEplanning.org.uk.
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cool down // static stretches – teacher led



how to play:

- children need to stand in a semi-circle around the teacher
- show the children a stretch they have to copy
- start at the top of the body and work all the way down the body stretching the major body parts - arms and legs

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.